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All Eyes on Ethiopia's National Health Extension Program

By Premila Bartlett, Mathew Koch, and Lauren Yang

For 20-year-old Chaltu Wata and 22-year old Aster Roba, life is anything but easy. The cousins have spent the past several years in a rural area where they initially faced resistance from the local community for trying to teach them healthier ways. They biked or walked for miles each day to visit individual households in order to teach them about sanitation, malaria, immunization, family planning, and the importance of delivering babies at a health facility. Even though they had been born and raised in this area, people from their community often rebuffed or snubbed them. Yet these two young women persevered. As a result of their en-



thusiasm, commitment, and hard work, they now find themselves in the center of a flourishing community health program. This program, known as the National Health Extension Program, is receiving international attention as it appears to be successfully contributing to the dramatic improvements in key health indicators in Ethiopia.

Chaltu Wata and Aster Roba, who are two of more than 38,000 Health Extension Workers in Ethiopia in front of the house that the community built for them.

Wata and Roba are just two of more than 38,000 Health Extension Workers working throughout the country to improve the quality and availability of primary healthcare services in Ethiopia, particularly in rural areas where 84 percent of the population lives. As part of the Ethiopian Government's National Health Extension Program, these workers who have a tenth grade education and who are trained for a year are paid to provide primary healthcare in areas of the country where access is limited. The program has been so innovative and successful that during the week of July 18th, 30 policy makers, medical practitioners, and public health professionals from seven African countries (Kenya, Malawi, Mali, Nigeria, Tanzania, Uganda, and Zambia) participated in a USAID-led Field Observation Tour of the program. The tour, which was a precursor to the USAID East Africa meeting in Nairobi on *Community Approaches to Family Planning*, July 25-29,

was intended to give select participants the opportunity to see how a community based health program had been taken to scale. It was designed so that participants could learn from the Ethiopian Health Extension Program and then assess how best to apply lessons learned to their respective country programs.

Dr. David Malwi, Director of Community Medicine at the Ministry of Health in Nigeria said, “This Field Observation Tour came at exactly the right time. We have learnt so much from the excellent work the Ethiopian Ministry of Health has done. As soon as we go back home we will move forward with implementing a similar program. There is no option. We need to have a community based program at scale if we are going to see the impact we need.”

The Field Observation Tour took the participants to two regions—Oromia and Southern Nations, Nationalities and Peoples Regions. They visited the *woreda* (district) health offices, where they were briefed on how the health system was structured; two health centers; and select health posts that each of the two health centers support. One health center oversees five health posts and this constitutes a primary health care unit. The health posts are the backbone of the National Health Extension Program but the Government has also sought to strengthen the health center to ensure the effective continuum of care. If the health centers to which Health Extension Workers refer their clients to do not have the capacity to provide the requisite services, the Health Extension Workers would lose all credibility. Each health post serves a population of 5,000, while the health center has a catchment area of about 25,000.



During the Tour, the Health Extension Workers described their catchment area and the services that they provided—both at the health post and in the community. They provided short acting family planning methods, including the injectable that provided protection for three months and some, they said, were now trained to provide the long acting implant that was effective for three years as part of the Government’s efforts to expand the choice of contraceptives in the country. They talked about how they had succeeded in increasing immunization coverage and how they partnered with the traditional birth attendants to ensure women had greater access to clean and safe deliveries in the community. This was an interim measure. Ultimately, all women would deliver their babies at health facilities. That was the national goal.



Participants had the opportunity to meet with local community members and elders. They owned the program, they said. They identified the problems, mobilized the needed resources to solve their community’s problems. It was they, the community, that built the health posts and in certain instances, they even built the houses for the Health Extension Workers on the premises of the health post so that women could come to them at night with ease to deliver their babies.

The Field Observation Tour participants also had the opportunity to engage with community health volunteers who are the eyes and ears of the Health Extension Workers. Since the Health Extension Workers cannot be at all places at all times, about 10 community health volunteers support each Health Extension Worker.



The participants also had the opportunity to visit the homes of local “Model Families.” These are families who have demonstrated “model” health behaviors and practices in their daily lives and through example and training share these ideal model behaviors with their neighbors. The idea is that their neighbors in turn would emulate the good and healthy practices of the Model Families.

"It is too difficult to reach every home given the distances, so our system is to use Model Families in different zones. We bring them and give them training, then send them back to the village to train more people," says Roba. "We also tell volunteers to gather the children in one place so that we can do growth monitoring efficiently at the time we visit. We are very happy when there are positive changes in the community. I forget all the difficulties that we have faced. Reducing the unnecessary deaths of our mothers and children....now, that makes me happy!"

More than 38,000 paid Health Extension Workers, almost all of them women, have been trained and deployed throughout the country. 34,382 are based in rural areas, 3,401 in urban areas, and 948 in pastoralist areas (the Health Extension Workers in pastoralist areas are male due to the difficult working conditions there).

The Rural Health Extension Program is supported by projects funded by different development partners. The three projects that were showcased during the Field Observation Tour were USAID’s flagship family planning and maternal health project known as the Integrated Family Health Project or IFHP; the Gates Foundation funded Last 10 Kilometers or L10K Project; and the Marie Stopes Outreach Program. The IFHP and L10K Projects complement one another in their support to the Rural Health Extension Program and are considered sister projects. IFHP works in 286 woredas or districts while the L10K Project is operational in 150 *woredas*—both work mainly in the four major regions [Amhara, Oromia, Tigray, Southern Nations, Nationalities, and Peoples Region (SNNPR)] that account for 80 percent of the country’s population. Marie Stopes Ethiopia is an organization that provides comprehensive reproductive health services within the private sector but with support from the British and others has been supporting the government’s Rural Health Extension Program by providing outreach services for long acting and permanent clinical family planning methods. Tour participants were able to see Marie Stopes Ethiopia’s Outreach Program at one of the health posts that they visited in a remote part of SNNPR. A large group of clients were present and expressed their satisfaction with the services they had received. Several of the women spoke of how important word-of-mouth was in convincing them to come for family planning at the health post. The L10K Project aims to reinforce the links between Ethiopian families and the formal healthcare system and tests different models to promote community ownership, which they scale up if they prove promising. "Malaria was the biggest problem in our community," said Roba. "But last year, it wasn’t such a big problem. This is because of the community awareness about bed nets, spray, and drains. There was definitely a change. We had zero cases of malaria this past year."

While the first two days of the Tour focused on the Rural Health Extension Program, the third day was dedicated

to showing the participants the Urban Health Extension Program in Awassa. USAID's Urban Health Extension Project supports implementation in five regions and two city administrations, covering 19 towns/cities and benefits a total of 2.6 percent of the country's urban population. A key difference between the Urban Health Extension Program and the Rural one is that the health extension workers in the Urban Program are trained nurses and are referred to as Urban Health Professionals. These Urban Health Professionals have developed strategies aimed at dealing with the challenges of a city—focusing on initiatives like public latrine construction and community mapping efforts to identify high-risk populations, that is, groups of people whose life styles put them at risk of HIV/AIDS. At the conclusion of the tour, delegates discussed their observations of both the Rural and Urban Health Extension Program with each other and the Ethiopian State Minister of Health, H.E. Dr. Kesetebirhan Admassu. Dr. Kesete provided insights into the next phase of the Health Extension Program that the Government of Ethiopia had planned and also offered the following advice.



“One. Go to scale as quickly as possible if you want to see impact. Have a learning phase but get rid of pilots! Two. Be ambitious. Most people thought training 30,000 Health Extension Workers was an impossible feat.

Some even laughed at us. But we not only did it, we surpassed that number! And three. Own the process. Determine what you want to do and rally your forces to help you do what you set out to do!”



Surveys conducted by L10K have confirmed that the Rural Health Extension Program has had tremendous impact on almost all key health indicators in the country except for institutional deliveries and postpartum care. The proportion of women using a family planning method in L10K and USAID's IFHP implementation areas have jumped from 15 percent (as indicated by the 2005 Ethiopia Demographic Survey conducted) to 40 percent in L10K's 2010 midline survey, which is a remarkable achievement. The conclusion, therefore, is that these extraordinary achievements have been possible because of the Government of Ethiopia's commitment to a vision of having a healthier nation, all development and implementing partners who have worked hand in hand with the Government, and of course women like Wata and Roba who have labored to make this national vision a reality by taking

primary health care closer to the people. And because of the evident success of the National Health Extension Program, all eyes are on Ethiopia—especially now. Why now? Because the preliminary results of the nationally representative 2010/2011 Ethiopia Demographic Health Survey are to be released in September. We will know very soon just how successful the Health Extension Program has been. <end>



Toddler Play Groups in Addis

👋 Old Airport group meets every Friday morning

9.30-11.30 a.m. Coordinated by Anne, atmbouma-pers@usa.net 0912 456 471

👋 Bole Play groups meet every Thursday:

0-2 years old from 9.30 – 11.30 am and

3-6 years old 3.00 – 5.00 pm.

Coordinated by Vicky, boleplaygroup@gmail.com 0922111873

Meetings are in one of the members' houses. Venues are announced by email and it's free to participate.

Local Expat information here in Addis Ababa:

oddsinaddis@googlemail.com Odds and Sods in Addis Ababa - An email listserv that gives updated listings of classifieds, inquiries, etc... for the expat community. Email them to be placed on the list.

boleplaygroup@gmail.com Playgroup in Bole area - Every Thursday, there is a baby/toddler group in the bole area. Mornings are for the youngest babies and toddlers. The afternoons are dedicated for the older toddlers. Email then to be placed on the listings and schedule.

<http://groups.google.com/group/addis-diplo-list?hl=en> Addis Ababa Diplomat Google group - Sort of like a craigslist for diplomats here in Addis Ababa. Join the group by using a google account.



The Tukul found near to the shore of Lake Langano inside of Langano Vacation Club compound is available for rent! You can have the privilege of enjoying luxury amenities such as a spectacular and magnificently furnished Lake Ziway and Abiyata restaurant and bar, swimming pools, spa, white sandy beaches a few meters away, beautiful mountains, a peaceful lake, water sports, satellite-dish TV, house cleaning and gardening services. The Tukul can accommodate up to 6 people, available from September 1, 2011 up to November 30, 2011. All interested please contact Hana at 0912-854242



ICS UPDATES

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Email: info@icsaddis.edu.et

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PO Box 70282 Old Airport Addis Ababa

Letter from PTA Vice President

Hi everyone,

I have already seen quite a few of you over the last two weeks. Just thought I would give you a bit of an update on the PTA. We are still alive and kicking! You might have seen us by the cafeteria today with our orientation table and next week we will be hosting the pre-Back-to-School Night Welcome for parents. Paola Pena, our PTA secretary will be taking the lead on Back-to-School Night activities but if you are interested in helping her out, please let her know - paola.pena@icsaddis.edu.et. We will have an info table and would also like to be circulating among the parents.

Next week, we will start planning for the Fall/Hallowe'en event, scheduled for October 28th from 4pm to 8pm (note this is a change from our original plans). Cathy Lum and Joan Jahn will be this year's chairs and they will need your support to organize this event. Please join us at 10am on September 1st in the cafeteria for our first planning meeting. If you can't make the meeting, please contact Cathy (cathy_lum@hotmail.com) or Joan (joanmjahn@yahoo.com) for more information on how you can help.

We will also be holding our first general PTA meeting on September 16th at 4pm (location to be determined). This is open to all parents so please join us!

Finally, we will be hosting a PTA retreat at the school on October 1st from 10am to 2pm. The retreat will provide us with a longer timeframe than our monthly meetings to work out exactly what the PTA should support and to re-examine our role at the school. Again, we would appreciate your participation and support at the retreat.

I hope to see you all at these events this year. It is going to be a busy semester and we will need lots of input and help from all of you.

See you soon!
Tanya Barnett
PTA Vice President



Helpful Tip from the CLO!

It has been a long rainy season this year and it is not over yet. If your house feels damp throughout the day, there is a chance that mold has been growing in some particular hiding spots in your home over the past few months. Therefore, please take the time to look behind your pictures and mirrors hanging from your wall for mold. Under sink cabinets are another place mold will fester unnoticed.

Mold can be treated (i.e. killed) by using simple household cleaning products. However, to get rid of it permanently, you must remove the source of water that lets it survive. Make your you check damp areas in your house periodically.



MOTLEY SINGERS & ORCHESTRA

Interested in joining?

Rehearsals Mondays at 7:15pm to 9:30pm at IEC – International Evangelical Church (close to African Union, known from NGO market)

Join us and enjoy!

The Motley Singers and Orchestra are a group of 50-60 people (about 10-15 in the orchestra and 40-50 in the choir) from all over the world who enjoy singing and performing on their instruments. This season, we will be performing selections from Handel's Messiah and a variety of Christmas favorites from around the world.

It is a great way to meet new people and have fun.

Concerts will be held at end of November / beginning of December. Further information: contact motleysaddis@gmail.com or call Philipp (0913-001231)

Rainbow Music

New baby and toddler music group starting soon!
October 3rd, 10am

Addis Arms, British Embassy, Comoros Street.

50 Birr per child (10 birr local rate)

Please register for each session with Sarah
(sarahgeliher@hotmail.com) - 0913 244 814



Classifieds

All ads will run for one issue only.
Please resubmit weekly if needed.

Vehicles

Short Based Landrover Defender (Diesel Turbo) For Sale
26,000\$



Built/imported for current owner early 2008. New style defender (two folding front facing seats in the back) Manual (6 gears) 4WD Mileage approx 35,000KM

Carefully looked after by a great local driver for the last 3.5 years. Regular services (at the Landrover garage in Addis) and up to date service record.

Please contact Susannah 0911 255 482 or susannah.richmond@fco.gov.uk

Availability – Sep/Oct (can be flexible)

Miscellaneous

For Sale: KETTLER Weight Bench w/ various weights \$400 Large Rubber Raft w/ Oars & two Life Jackets \$100 Folding Camping Kitchen \$100 Coleman Stove/ Grill \$50 Coleman Lantern \$35 Large 5-person Tent \$100 Large Quick Shade \$100 Shower/toilet Shelter \$50 Portable Camping Toilet \$50 Very Large Red Cooler \$15 Bow w/ Arrows \$25

Electric Putting Machine w/ Putter \$5 Prices Firm. Contact

Karen at x 6410 or Landher-rke@state.gov

Items for sale- Safewell fire proof safe – 220 lbs w/double key locks, shelf&drawer.26" high, 19" deep&19" wide. On rollers. -\$450 Sony Micro Hi Fi Stereo Music System model CMT -EH15 w/CM/AM-FM Tuner, Cassette/MP 3 CD Playback 110 volts \$150.00 Wooden 2 drawer file cabinet shape of small Chippendale style cabinet brown color. 30" high, 18" wide&16" deep. -\$25 Folding Military cot w/carrying case. New. Never used. On aluminum frame w/ steel legs. 76" x 26" 16" high. -\$65 "Our Pets" double feeding bowl in hard plastic. Never used. 18" wide, 10" deep&10" high.- \$15 Lindenwood adult sleeping bag. New. Never used. 33" x 75" -\$35 Sunbeam 2.5 quart whistling tea kettle. New. \$19 Prices are in dollars or birr equivalent. Email mmsschulman@yahoo.com or call 0911 – 529- 787

WANTED! We are looking to buy a exercise bike or an elliptical machine. A picture would be great, if you have one. Please call 0923295050 or write to Alekablagoevski@yahoo.com.

LOOKING FOR A BABY CRIB—I would like to buy a baby crib (baby bedding) If you have one please contact me. 0921-467325 Hareg Thanks



New Bamboo Furniture - 2 chairs, 2 stools and 1 table. \$125.00 Contact Rick

Ryan- 0921562823 or Joanna Morrison 0911529771

Domestic Help

NEED A GREAT DRIVER? Bereket Hagos – [0911547794](tel:0911547794) – drove for my family for nearly two years. Safe and courteous driver. Punctual. Reliable. I highly recommend him. Call Brendan if you need a reference – wheel-erbm@state.gov.

Housekeeper Available – Bole Area-1 day per week

New to Post? Need someone to clean your house just once each week? Betty has Wednesdays available to work in the Bole area. She is currently working for 2 other Embassy employees and has years of experience. Betty has excellent English language skills and can cook, clean, shop, do what needs to be done. Please contact Betty directly if you are interested. She can be reached on 0911 45 57 68. Beyola can also be reached as a reference at 0911 21 66 07.

Emebet Feleke has worked for U.S. Mission staff for the past 7 years, and is an outstanding all-rounder and speaks excellent English. She is currently working part time for me, and so is available part time immediately, and full time when I depart in October. Please contact me (x6339) for any questions. Emebet's contact number is 0911 127532 -Daniel Moore

WANTED! In need of a driver and a weekend day guard/ gardener. Preferably a driver with their own car. We also need a day guard/ gardener will work Saturday and Sunday only! Please contact Carolyn at 0923790176

Getawchew, our substitute day guard, is seeking a full-time position. Getawchew speaks good English and is very reliable. He has a degree in horticulture and has done excellent work with our yard. He also has completed his Embassy security clearance. Contact him directly at 0913230084 or through me (Warren x6756).

Exceptional part time driver and personal assistant available for work immediately. Tamirat not only has been available to safely and carefully drive our car as needed, he has been instrumental in helping us with hard to achieve chores. Please call 091 166 8556 For reference contact maggie@deloach.net or jim@deloach.net

Tseday, our former nanny, is still available and is looking for a nanny job. We left Ethiopia for Malawi this summer. She took care of our son since birth to one year. Tseday is a very responsible, energetic, honest and a professional nanny who has worked for several international families. We really value her skills as we have not been able to find another nanny as good as her at our new post. She was the best! We would highly recommend her to any family, and she already has our reference letter. Feel free to contact her directly at 0911435422. If you have any questions about her, please don't hesitate to contact with me. John (265) 999960036 Malawi

Teachers

ICS seeking experienced certified teachers: Please contact Hubert Gordon , Elementary Principal at 011-371-1544

Hubert.gordon@icsaddis.edu.et

Classifieds

Teachers (cont.)

ICS seeking experienced certified teachers: Please contact Hubert Gordon , Elementary Principal at 011-371-1544

Hubert.gordon@icsaddis.edu.et

We are looking for a Part Time Art teacher with excellent English to teach our program 3 mornings per week. The program is scripted and no art background is necessary. It is designed to help parents learn how to do art w/ their young children at home. The ability to manage a small groups of 5 or 6 children is a must. An assistant is provided to help w/set up, clean up & management. Hours 8:30 - 12:30 preferably. Interested candidates should contact me via email. Jane Pyecha, Director -Head To Toe Early Learning Center 0911 54 77 82

Services

Ato Abate, a terrific wood carver. He's made a lovely hall table and glass-fronted china cabinet for me: He makes things to your specifications. Also, at this time he has carved wooden boxes for sale, which make nice gifts. I have a couple of sample boxes in my office (ZOA Refugee Care, easy walking distance from ICS), and I've left one sample with Jess at the International Community School. You're welcome to add that to the advert; it's fine for people to stop by to see these boxes. Thank you, Maureen Abate Adamu: 0912-191-747

Shabbat service. Every Friday evening, Rick Hodes opens his home in Bole to others The service is open to all, no matter your religious affiliation. If you

are interested in attending this Friday evening (July 22), please contact Glenda (est. 6709 or SiegristGL@state.gov) and she will provide more details.

Dog Grooming: The Sisay sisters will groom your dog with affection and patience. Call 0911 380 154 Recommended by Martin Schulman.

Massage in your own home. Fere has her certificate in massage therapy: Swedish, Shiatsu, hot stone, aroma therapy massage, and reflexology. She brings her own massage table. She has been serving the American Community for many years. Contact Fere at 091 168 9475 Recommended by Diane Corbin

Personal Tailor: I highly recommend Wendie's tailoring services. Wendie does not have a store front, but comes to his customers! He procures all the necessary materials and brings samples with him. I was especially impressed with my suit, as many tailors cannot quite manage to make feminine suits. Wendie is skilled and charges a fair price. Contact Wendie 0913.241.733 wondesenof@yahoo.com Brendan if you need a reference – 0911200628.

JOB VACANCIES

http://ethiopia.usembassy.gov/job_opportunities.html

STATE

Administrative Assistant FSN– 07

COB: September 12,2011

Logistics Clerk FSN– 06

COB: September 06, 2011

Consular Clerk FSN– 05

COB: September 1, 2011

Automotive Foreman FSN– 07

COB: September 8, 2011

Supply Clerk FSN– 05

COB: September 8, 2011

Computer Management Assistant (LAN) FSN– 08

COB: September 12, 2011

Mail Clerk FSN-04

COB: September 20, 2011

Water Treatment Plant Operator

FSN-05/ COB: Sept. 20, 2011

Civil Engineer FSN-12

COB: September 15, 2011

USAID

Program Management Specialist FSN– 10

COB: September 02, 2011

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